



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-7600**

ARMY BULLETIN NO. 49

19 September 2003

SEMI-ANNUAL AGR ARMY PHYSICAL FITNESS TEST AND WEIGH-IN

1. References:

- a. AR 350-1, Army Training and Education
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR APFT will be conducted on Tuesday, 14 Oct 03, IAW enclosed schedule (see Enclosure 1). The test will be administered at Building 3650 and APFT field/track located at 18th Street and Alabama, Fort Dix, NJ. All Personnel will report to Bldg 3650 for weigh-in, push-up and sit-up events. Alternate stationary bike event will also be administered at Bldg 3650. At the conclusion of the sit-up event all personnel required to take the 2-mile run, 2 ½ mile walk and alternate bike event (track) will report to the APFT Track at 18th St and Alabama.

3. The inclement weather date for this event is 27 Oct 03.

4. All AGR soldiers will attend the event, unless specifically excused by the Chief of Staff. Requests to be excused will be initiated by the individual in writing, through their chain of command, to the Chief of Staff.

5. APFT Schedule and Personnel Requirements: See Enclosure 1.

6. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [PFU] is authorized, however, any soldier wearing the new PFU is reminded that the new uniform cannot be mixed with the old PFU, including sweat pants).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the gray or new, black PFU shorts.

- b. Headphones are not authorized during the conduct of the test.

7. Report location is Bldg **3650**, in PFU uniform, to include soldiers on profile.

8. Administrative Requirements for each MSC and G-Staff Section:

Temporary and/or Permanent Profiles since **18 Apr 03** will be submitted to the **J-1, ATTN: LTC Chimienti**. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the J-1, ATTN: LTC Chimienti, retains copies of profiles and the DA Form 705 for each AGR soldier.

9. Taskings for events and equipment support.

a. G3 schedules, procures, and clears APFT site for the event. Provide 15 clipboards, 3 stopwatches, 4 road vests, and 125 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Schedule APFT site for 18 Apr 03 and 5 May 03 if event is postponed due to inclement weather. Provide two stationary bicycles with ergometers, mats for push-up/sit-up events at Bldg 3650 and two track bicycles at the APFT track. Provide large digital finish line timing clock.

b. G4 provides water with cups at Bldg 3650 and the APFT track, Three (3) scales and tape measurers for height/weight verification in drill hall, Bldg 3650. Three (3) Military Buses for transportation between Bldg 3650 and PT Track.

c. G6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.

d. NJARNG Medical Det provides 4 medical personnel to support APFT and screen profiles at Bldg 3650.

10. Taskings for Site Support:

a. NJARNG Master Fitness Trainer's (MFT's) will administer APFT and weigh-in. MFT's will be contacted directly by the J-1 office. MFT's will be tested on an alternate date TBD.

b. 50th Bde provides 3 military bus drivers (Licensed) for shuttle between Bldg 3650 and PT Track.

c. 57th Troop Command provides 5 TDG soldiers for APFT administration, checking in testing personnel, passing out vests, performing road guard duties (during the Run/Walk/Bike phase) at the corners of 18th, 16th, Buffalo and Alabama Streets. These 5 personnel will report to 1SG Zelenski at Bldg 3650.

11. Coordinating Instructions:

a. There will be a final coordination meeting on 3 Oct 03 for all MFT's, G-Staff and MSC representatives in Classroom 1-2, Bldg 3650 at 0900hrs.

- b. The drill floor at HQ, NJNG will be set up NLT 10 1200 Oct 03, by G3-T and J1.
 - c. Scales will be calibrated at the time they are set up.
12. All requests for excusal from this event will be in writing, through the chain of command to the Chief of Staff.
13. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:

GLENN K. RIETH
Brigadier General, NJARNG
The Adjutant General


FRANK. R. CARLINI
COL, GS, NJARNG
Chief of Staff

DISTRIBUTION: A, A2, B, C

Encl:
Schedule and Personnel Requirements

APFT SCHEDULE

| <u>MSC/UNITS</u> | <u>REPORT TIME</u> |
|---|--------------------|
| All 57 th Trp Cmd Units NJARNG R&R Det | 0730 |
| All 50 th Bde Units T3BL | 1030 |
| All 42 nd DISCOM Units HQ STARC 254 th RTI, RTS-M, 63AB, Det 19 OSA | 1330 |

SUPPORT PERSONNEL REQUIREMENTS

| <u>MAJOR COMMAND/UNITS</u> | <u>DATE/TIME</u> | <u>PERSONNEL</u> | <u>LOCATION</u> |
|----------------------------|------------------|------------------|-----------------|
| MFT's | 14 Oct 03/0700 | | Bldg 3650 |
| 50 th Bde | 14 Oct 03/0700 | 3 | Bldg 3650 |
| 57 th Trp Cmd | 14 Oct 03/0700 | 5 | Bldg 3650 |
| NJARNG Medical Det | 14 Oct 03/0700 | 4 | Bldg 3650 |

- TDG/Technician soldiers are required for APFT support. Rosters of support personnel will be submitted to G3-T, NLT 3 Oct 03. Funding for support personnel will be SUTA/RMP's.
- Uniform is BDU for testers and support personnel.

Encl 1